

**CARLING ACADEMY**  
 (613) 728-0880  
 WWW.OAMA.CA



**OTTAWA ACADEMY  
 OF MARTIAL ARTS**



**RING ROOM**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Thai Tech/Cond 7:00 am – 8:00 am		Thai Tech/Cond 7:00 am – 8:00 am		Kids BJJ 9:30 am – 10:15 am
					Samurai Kids 10:15 am – 11:00 am
Thai Tech/Cond 12:00 pm – 1:00 pm	Thai Tech/Cond 12:00 pm – 1:00 pm	Thai Tech/Cond 12:00 pm – 1:00 pm	Thai Tech/Cond 12:00 pm – 1:00 pm	Thai Tech/Cond 12:00 pm – 1:00 pm	Thai Conditioning 11:00 am – 11:45 am
					Thai Advanced 11:45 am – 12:30 pm
After School Program 2:45 pm – 5:30 pm	After School Program 2:45 pm – 5:30 pm	After School Program 2:45 pm – 5:30 pm	After School Program 2:45 pm – 5:30 pm	After School Program 2:45 pm – 5:30 pm	
Samurai Kids 5:30 pm – 6:15 pm	Randori 5:30 pm – 6:15 pm	Samurai Kids 5:30 pm – 6:15 pm	Randori 5:30 pm – 6:15 pm	Samurai Kids 5:30 pm – 6:15 pm	
Thai Conditioning 6:15 pm – 7:00 pm	Thai Technique 6:15 pm – 7:00 pm	Thai Conditioning 6:15 pm – 7:00 pm	Thai Technique 6:15 pm – 7:00 pm	Thai Conditioning 6:15 pm – 7:00 pm	
Thai Technique 7:00 pm – 7:45 pm	Thai Conditioning 7:00 pm – 7:45 pm	Boxing 7:00 pm – 7:45 pm	Thai Conditioning 7:00 pm – 7:45 pm	Thai Advanced 7:00 pm – 7:45 pm	
Thai Advanced 7:45 pm – 8:30 pm		Thai Advanced 7:45 pm – 8:30 pm			
Thai Sparring 8:30 pm – 9:15 pm		Thai Sparring 8:30 pm – 9:15 pm			

**GRACIE ROOM**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BJJ Blue 7:00 am – 8:00 am	BJJ Blue 7:00 am – 8:00 am	BJJ Blue 7:00 am – 8:00 am	BJJ Blue 7:00 am – 8:00 am	No Gi Technique 7:00 am – 8:00 am	Tiny Tigers 10:15 am – 11:00 am
	Tiny Tigers 10:15 am – 11:00 am				No Gi Technique 11:00 am – 11:45 am
	BJJ Purple 11:30 am – 12:15 pm		BJJ Purple 11:30 am – 12:15 pm		BJJ Purple 11:45 am – 12:30 pm
BJJ Blue 12:00 pm – 1:00 pm	BJJ Blue 12:15 pm – 1:00 pm	BJJ Blue 12:00 pm – 1:00 pm	BJJ Blue 12:15 pm – 1:00 pm	No Gi Technique 12:00 pm – 1:00 pm	Randori 12:30 pm - 1:30 pm
			Tiny Tigers 1:15 pm – 2:00 pm		
Tiny Tigers 5:30 pm – 6:15 pm	Samurai/Muay Thai Kids 5:30 pm – 6:15 pm	Tiny Tigers 5:30 pm – 6:15 pm	Samurai/Muay Thai Kids 5:30 pm – 6:15 pm	Tiny Tigers 5:30 pm – 6:15 pm	
BJJ Blue 6:15 pm – 7:00 pm	Purple 6:15 pm – 7:00 pm	BJJ Brown 6:15 pm – 6:45 pm	Womens BJJ / Randori 6:15 pm – 7:00 pm	BJJ Randori 6:15 pm – 7:00 pm	
BJJ Randori 7:00 pm – 8:00 pm	Wrestling 7:00 pm – 7:45 pm	BJJ Blue 6:45 pm – 7:30 pm	Wrestling 7:00 pm – 7:45 pm	No Gi Randori 7:00 pm – 7:45 pm	
BJJ Purple 8:00 pm – 8:45 pm	BJJ Blue 7:45 pm – 8:30 pm	Randori 7:30 pm – 8:30 pm	BJJ Blue 7:45 pm – 8:30 pm	No Gi Technique 7:45 pm – 8:30 pm	
		BJJ Purple 8:30 pm – 9:15 pm			

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**UPSTAIRS ROOM**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
					Ultimate Fitness / Kettlebell 10:15 am – 11:00 am
					Women's Only BJJ 12:30 pm – 1:15 pm
MMA Elite 1:00 pm – 2:30 pm	MMA Elite 1:00 pm – 2:30 pm	MMA Elite 1:00 pm – 2:30 pm	MMA Elite 1:00 pm – 2:30 pm	MMA Elite 1:00 pm – 2:30 pm	
Ultimate Fitness 5:30 pm – 6:15 pm	Black Belt Club 5:30 pm – 6:15 pm	Ultimate Fitness 5:30 pm – 6:15 pm	Black Belt Club 5:30 pm – 6:15 pm	Ultimate Fitness / Kettlebell 5:30 pm – 6:15 pm	
Kids Muay Thai 6:15 pm – 7:00 pm	Kids BJJ 6:15 pm – 7:00 pm	Kids Muay Thai 6:15 pm – 7:00 pm	Kids BJJ 6:15 pm – 7:00 pm	Youth Group 6:15 pm – 9:15 pm	
	Wrestling 7:00 pm – 7:45 pm		Wrestling 7:00 pm – 7:45 pm		
Kettle Bell 7:45 pm – 8:30 pm	MMA Sparring 7:45 pm – 8:30 pm	Kettle Bell 7:45 pm – 8:30 pm	MMA Sparring 7:45 pm – 8:30 pm		